

## Chicken in Toast Cups

Preparation time	<b>30 minutes</b>
Cooking time	<b>30 minutes</b>
Servings	<b>4-5 (8 toast cups, 1 to 2 per person)</b>
Cost per serving	<b>\$1.80</b>
Storage	<b>The sauce will keep for 3 days in the fridge. Can be frozen.</b> The sauce should be added to the toast cups right before serving.
Kitchen tools	<b>Measuring cups and spoons, cutting board, sharp knife, muffin tin, large pot, whisk, large bowl, spatula, wooden spoon.</b>



## Ingredients



8 slices  
**whole-wheat bread**



15 ml (1 tbsp)  
**canola oil**



1 large **yellow onion**,  
peeled and chopped

### TO MAKE THE BECHAMEL SAUCE



90 ml (6 tbsp) **butter**  
or non-hydrogenated  
margarine



2 **celery** sticks,  
finely diced



2 **carrots**, peeled  
and finely diced



500 ml (2 cups)  
cooked **chicken**,  
cut into small pieces



90 ml (6 tbsp)  
**flour**



250 ml (1 cup)  
**frozen green peas**



15 ml (1 tbsp)  
**dried parsley**

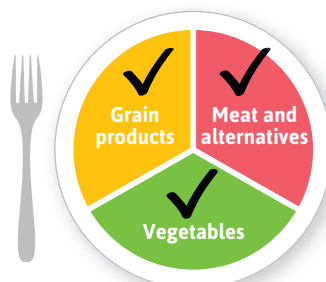


**Salt and pepper**  
to taste



1 L (4 cups) **milk**

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## Balanced plate

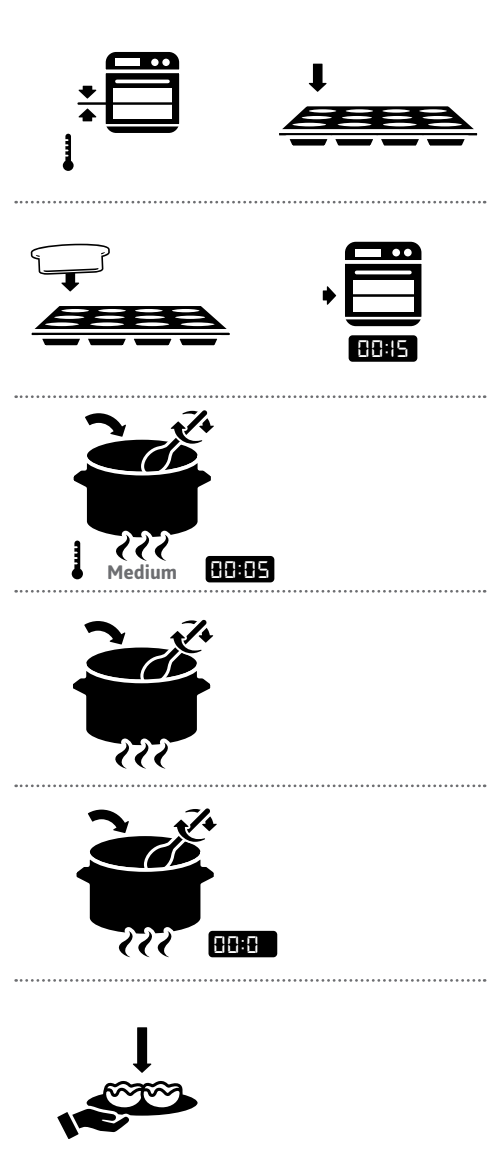
Serve with:

? A fruit

? A glass of milk or fortified soy beverage

# Directions

- 1 Place oven rack in the middle position and preheat the oven to 180°C (350°F). Oil a muffin tin.
- 2 Press a **slice of bread** gently into each muffin round to make little cups and bake for 12 to 15 minutes, or until the bread is toasted on both sides.
- 3 In a frying pan, heat the **butter** or margarine, then add the **onion**, **celery** and **carrots** and cook for about 5 minutes.
- 4 Add the **flour** and mix well to avoid lumps. Gradually add the **milk**, stirring constantly with a whisk until the sauce thickens.
- 5 Add the **cooked chicken**, **green peas** and **parsley**. Stir and cook for about 4 more minutes, or until the sauce is heated through. Add **salt** and **pepper** to taste.
- 6 Serve in the little toast cups.



My rating: ★ ★ ★

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This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition